



# NDInsider

The newsletter of Indiana's  
**NeuroDiagnostic Institute**  
and Advanced Treatment Center

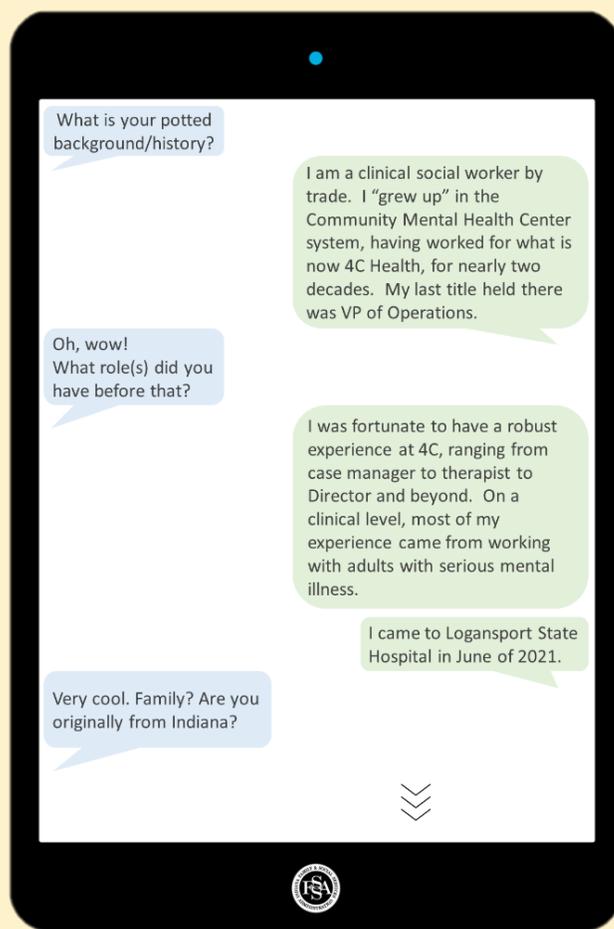
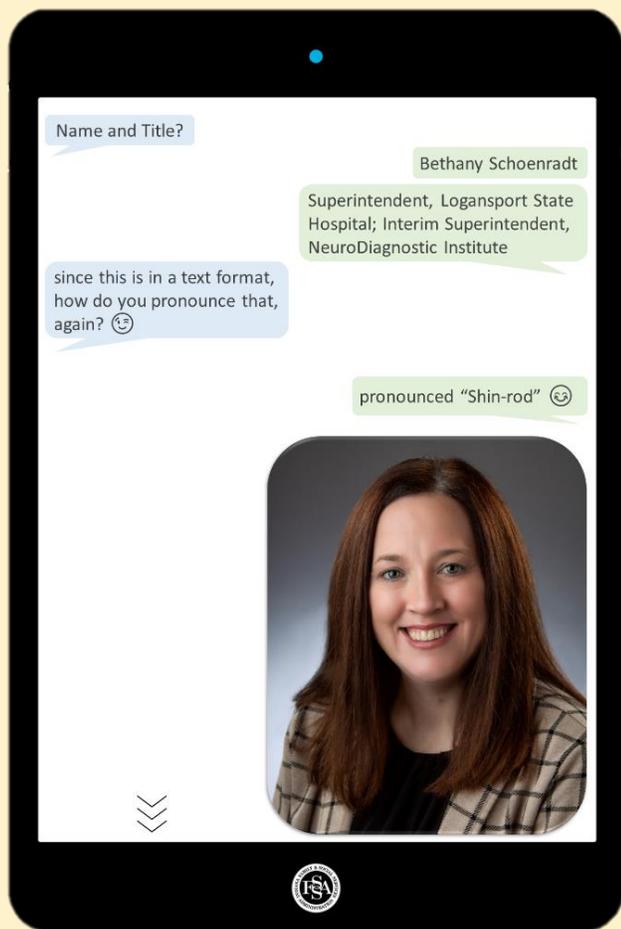
5435 E. 16th St., Indianapolis, Indiana | [www.in.gov/fssa/dmha/2935.htm](http://www.in.gov/fssa/dmha/2935.htm) | Vol. 7, Issue 3, March 2023

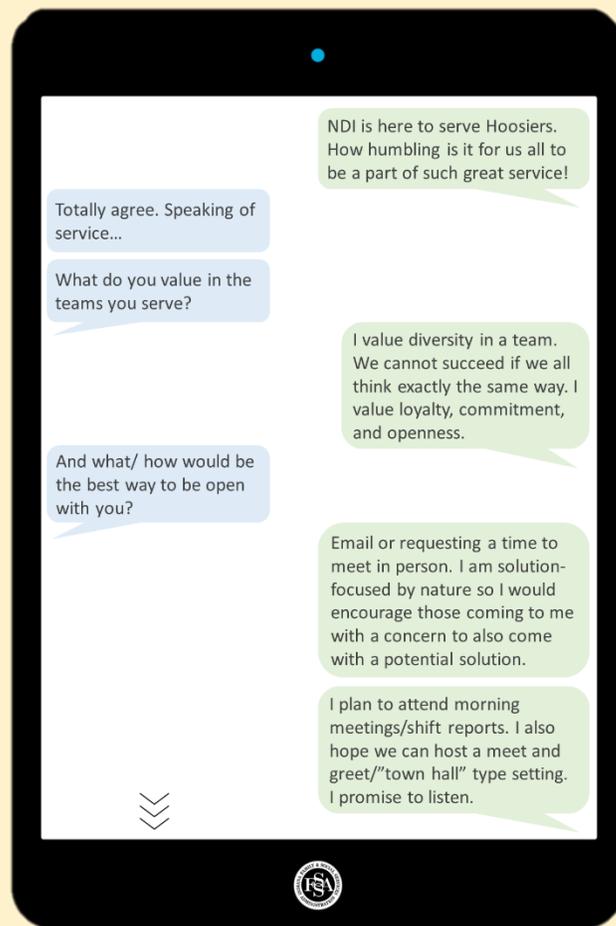
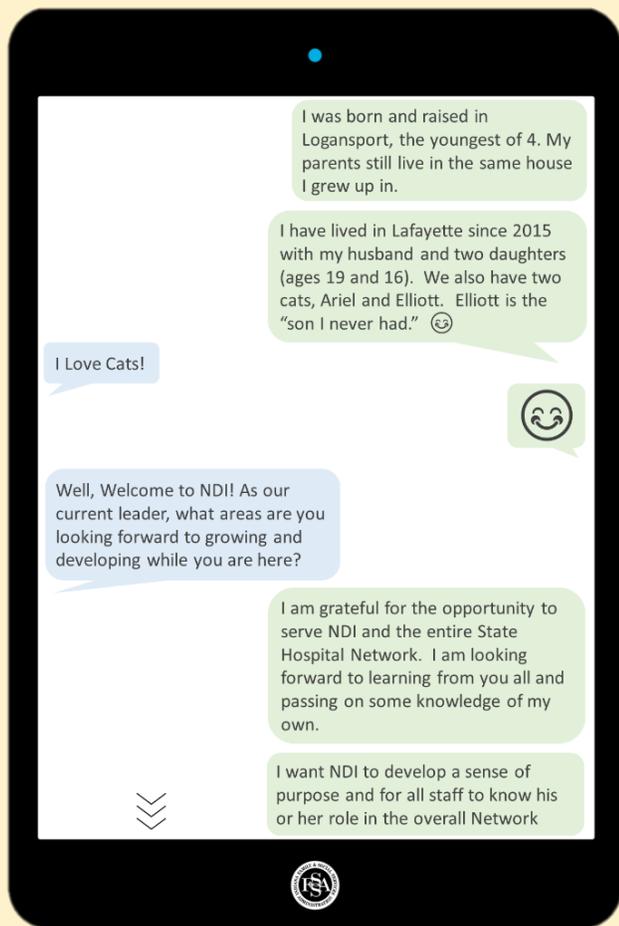


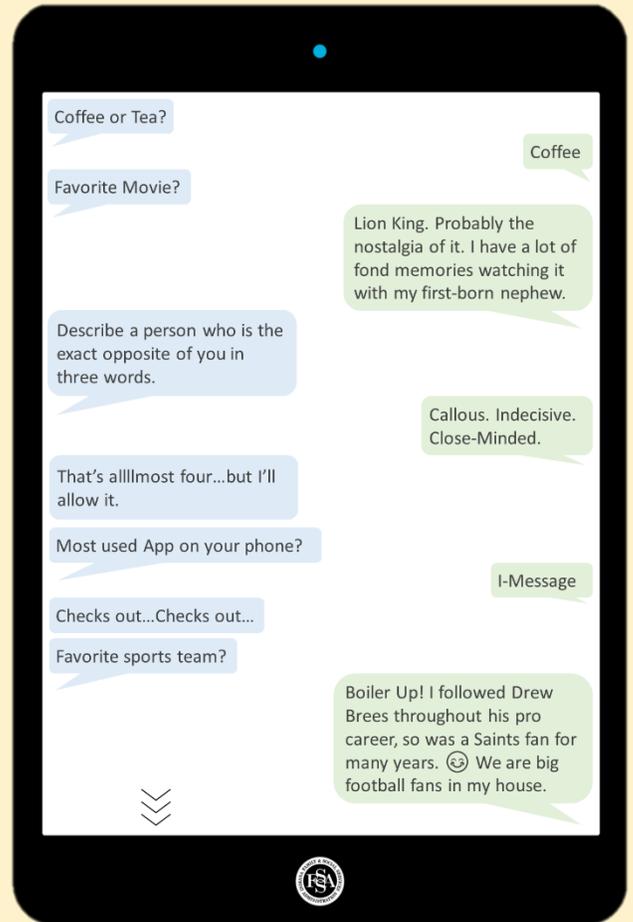
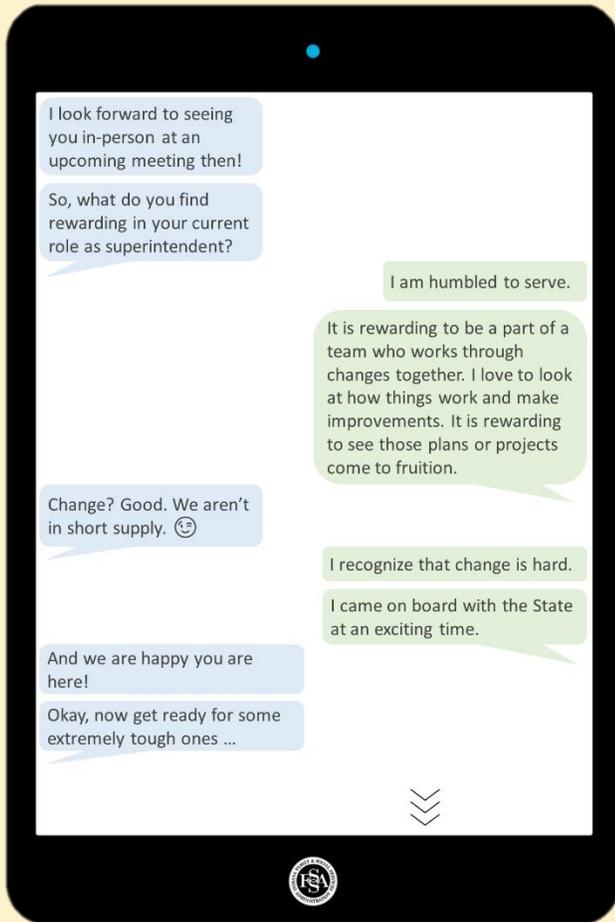
Hello all,

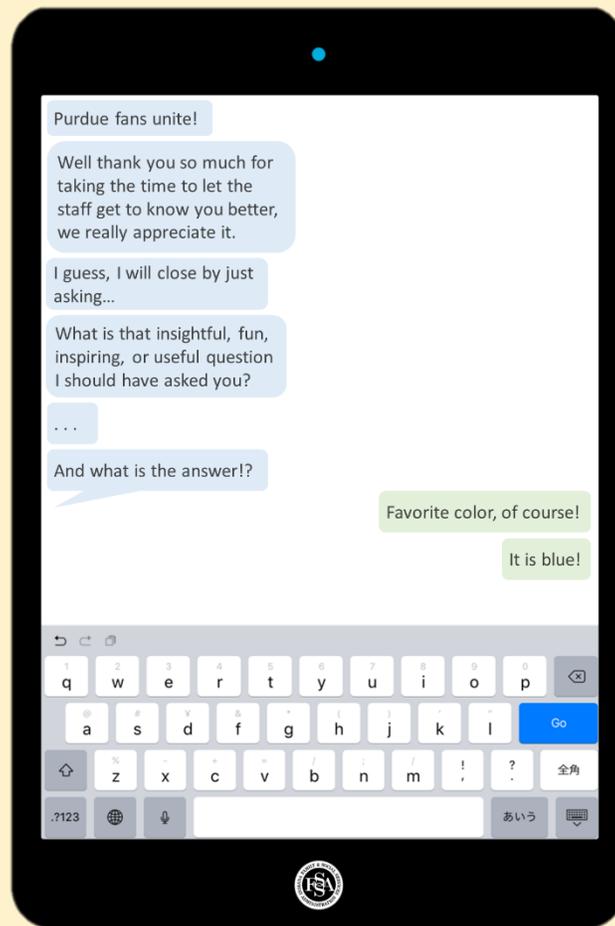
This will be our last edition of the NDInsider as we know it. Don't fret, however, as there will be a new ISPHN Newsletter showcasing each hospital and the accomplishments made. Additionally, we will continue to recognize our stars of the month, monthly birthdays, ERC events, etc. just in a different way. More information will be available soon. The ISPHN Newsletter will give all of us an opportunity to grow as a network and learn about each other.

## Meet our Interim Superintendent









Warm welcome to NDI, Interim Superintendent Bethany Schoenrad!

## The NDI Chili cookoff was a huge success!!



Congratulations Lena Allison!!



## SECURITY

Security needs to know who is coming!!

Security now has an email address:

[NDISecurity@fssa.in.gov](mailto:NDISecurity@fssa.in.gov)

Please send Security an email if you have a visitor, interview, and or guest coming to NDI. Please include the date, time, and any important information about the visit.





## Our NDI Non-Nursing Star of the Month is

***Kyle Jackson***

“Kyle goes above and beyond his job duties to help our patients. He spends extra time with individuals who need guidance and help to transition into society. His caring nature gives our patients a sense of security, sometimes that is better than any medication. NDI is lucky to have Kyle as a part of the Transitional Care Team.”

*Nominated by Eileen Bricker*

## Our NDI Nursing Day Shift Star of the Month is

***Robert Feczko***

“Robert demonstrated excellence by leading the responders to the code blue and working as a team to ensure patient and staff safety.”

*Nominated by Grant Henry*

## Our NDI Nursing Night Shift Star of the Month is

***Adesuwa Omorogbe***

“Ade deserves to win STAR of the month for consistently being awarded praise by many staff members for her great work at the NDI. She is extremely flexible with her schedule, and is willing to step up and work extra shifts as well as fill in for call-ins. She willingly helps to train Night Shift Bridge Building classes. She is a real team player!”

*Nominated by Angela Bennett and Staff Development*

**Other NDI staff nominated for EOM:** Sheri Staten

If you would like to nominate one of your fellow employees, please submit nominations to: [ERCNDI@fssa.in.gov](mailto:ERCNDI@fssa.in.gov). The nomination form can also be found in the L drive under **FSSA NDI Employee Recognition Committee**



## CERTIFICATE OF EXCELLENCE

KELSEY BALSON  
SANDHYA BHONDE  
DESTINY MORRIS  
DIONDRAE RICE  
BRIAN LARIMER  
NAWAL OMOSEBI  
GRANT HENRY  
SHERI STATEN  
SIMRANJYOT BHATTAL

AMAYA BEELER  
ADRIENNE NANCE  
LISA BALES  
MIKE RADFORD  
DANILO MARIONA (2)  
CAITLIN MONTGOMERY  
RICHARD TAYLOR (2)  
HUGH TAYLOR  
CHRISTOPHER YOUNG

CORY MARKLEY  
BEVERLY BUCKHORN  
ADESUWA OMOROGBE  
TODD PETERS  
ALEX JACKSON (2)  
MILISSA MYERS  
DEBBIE RAUGHTER  
TORI SELZNICK  
ASHLEY McADAMS

**Anyone can nominate a fellow employee for a Certificate of Excellence! Please include** Name of recipient, recipient's supervisor, brief statement of why you wish to recognize your colleague. All recommendations should be sent to [NDICOE@fssa.in.gov](mailto:NDICOE@fssa.in.gov)



Abigail Rutherford

Alice Williams

Caressa Bridgman

Elizabeth Henderson

Monica Williams

Tarionna Woods

Adesuwa Omorogbe

Angelica Bateman

Darryl Bledsoe

Kelsey Stokes Balson

Nicholas Johnson

Toni Selznick

Akintade Adefulire

Brandon Williams

Dejiauna Horne

Michelle Lowden

Steve Obamuwagun



★ HAPPY ★  
BIRTHDAY!



## Is your Language Trauma Informed??

**THINK BEFORE YOU SPEAK...**

*...is this response the BEST response?*

**Help them heal.**  
Be a safe space.  
Listen. Comfort.  
No judgement zone.

**Empathize with them.**  
Remember your trauma-informed training!

**Walk with them.**  
Take the time to get to know the INDIVIDUAL... not just the patient.

**Be their ally.**  
Advocate! If you see/hear something, SAY something!

**Behind the anger might be...**

Fear	Confusion
Anxiety	Sadness
Loneliness	Stress
Depression	Hurt
Shame	Embarrassment
Guilt	

 **Indiana State Psychiatric Hospital Network**

## THINK BEFORE YOU SPEAK...

### MENTAL HEALTH LANGUAGE

#### What we *shouldn't* say

*Crazy*  
*Out of control*  
*Psychotic*  
*Extreme*  
*Insane*  
*Attention-seeking*  
*Irrational*  
*Too much*  
*Chaotic*

#### What we *should* say

**Struggling**  
**Mental illness**  
**Person's behaviour was unusual**  
**Mental health condition**  
**Working through problems**  
**Person is living with / has a diagnosis of**  
**Misunderstood**  
**Needs extra support**  
**Person who is being treated for**



Indiana State  
Psychiatric Hospital  
Network

Let's make sure we have our glasses on! Our patients count on us!

## THINK BEFORE YOU SPEAK...

### Trauma glasses off

"Manipulative"

"Lazy"

"Resistant"

"Unmotivated"

"Disrespectful"

"Attention-seeking"

### Trauma glasses on

Getting needs met in ways that have worked in the past. Doing whatever is necessary to survive.

Overwhelmed. Lacking the skills to make decisions about what to do first or to organize.

Mistrustful due to history of being hurt by others. Scared to make progress then lose everything.

Depressed. Fearful. Overwhelmed. Frozen.

Feeling threatened, unsafe, out of control.

Feels disconnected, alone or unheard by others. Looking for connection.



Indiana State  
Psychiatric Hospital  
Network



## ATC Update

### **A Note about the Breathwork Workshop**

Due to unforeseen circumstances, we have been forced to cancel our breathwork workshop for staff this month. We are deeply disappointed but are hopeful that we may be able to connect staff with educational workshops in the future. We apologize for any disruption or disappointment this may have caused. If you are interested in furthering your mindfulness journey without the workshop, we have books in the ATC staff library that may help. Our collection includes books on yoga, meditation, Tai Chi, Self-Improvement, and general health. We offer resources in the staff sensory room. ATC staff is also always happy to assist you.

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### **Yoga**

Yoga can function in many ways to bring one into a present state within their body. Different aspects of yoga focus on different benefits ranging from, strength building to breathwork to deepening a meditative practice. It can be used as a daily practice that helps an individual to self-regulate through presence, mindfulness, and a reset of the nervous system.

Yogic breathing can help reduce stress and cortisol levels by activating a relaxation response and increasing circulation. It increases oxygen in our blood and encourages the release of endorphins which make us feel happy and relaxed.

In the ATC, patients can participate in yoga that is performed while seated in chairs on Tuesdays and Thursdays. The chair yoga focuses on gentle movements, presence within the body and breathwork.

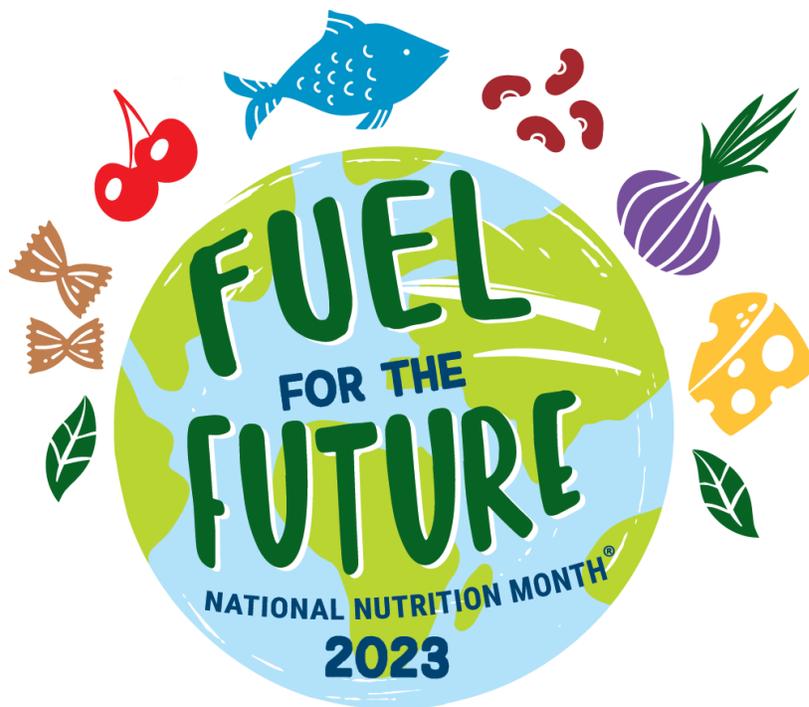
Every other Tuesday we have a certified Yoga instructor, Mia Dennett who teaches an in-person class to our patients. Her classes vary based on the patient group, but a large part of her focus is on breathwork within yoga. Mia has also made an approved video specifically for NDI's patients in the ATC that is utilized when she is unavailable for in-person instruction.

### **ATC Tip of the Month**

Diaphragmatic or Belly Breathing is a very basic form of breath work and can be done anywhere. It is a great way to calm the stress response down in a short period of time with minimal effort.

1. Find a comfortable position either seated or lying down. Rest your hands on your belly below your naval.
2. Breathe in slowly through your nose. As you inhale allow your belly to expand and soften. Feel your ribs expand.
3. When you reach the peak of a comfortable inhale, allow your breath to flow out through your mouth. Feel your abdomen slowly deflate and your ribs contract as the air slowly empties from your lungs.
4. Repeat this for ten full breath cycles. Pay attention to how balanced your inhale is with your exhale. Do you pause at the top of your inhale? Can create a smooth fluid movement between the inhale and exhale? If there is a disruption in the flow of your breath notice it and let it go (Where is it? What does it feel like? What happens to it when you breath slower? faster? or deeper?)

Feel free to ask questions, we are available to help!



## Fuel Your Future

March is National Nutrition Month. Your friendly NDI dietitians – Teresa Tucheck and Eileen Bricker – are eager to help you make healthy choices to provide you with energy now and **Fuel for the Future**. Small changes made consistently over time can add up to big results!

Did you know that buying foods in season and buying locally whenever possible may help the environment, keep your food costs down, AND provide greater nutrition? Talk about a win/win/win!

Speaking of cost, as food prices rise, buying healthy may not feel like a priority. Yet, many healthful foods cost less overall than junk food. Plus, they can be more filling and possibly reduce your chances of developing certain chronic diseases. A little planning before you shop can go a long way in choosing foods that are affordable, satisfying, and have a higher amount of nutrition.

For robust nutrition, eat a variety from all food groups: fruits, vegetables, grains, proteins, and dairy. Learn more about making healthy choices from all the food groups at [myplate.gov](https://myplate.gov). To increase variety in your eating routine, try new flavors and foods from around the world. Learning new skills in cooking and meal prep can help with variety and keep costs down by allowing you to find creative uses for leftovers. You may even find yourself enjoying some foods you thought you didn't like. Finding ways to include foods you enjoy while getting the nutrition you need is important at every age.

For more food and nutrition information, visit the Academy of Nutrition and Dietetics at [eatright.org](https://eatright.org). Quality nutrition advice can help you **Fuel for the Future**.



March is Social Work Month! The theme for Social Work Month 2023 is “**Social Work Breaks Barriers**”.

## SOCIAL WORK BREAKS BARRIERS

### WHAT IS SOCIAL WORK?

Social work can be difficult to understand because the profession is so diverse. Social workers work in many different places, including schools, hospitals, mental health practices, veteran centers, child welfare agencies, the criminal justice system, corporations, and state, federal and local governments—to name a few. Although there are many kinds of social work, members of the profession all share common principles: They are people dedicated to seeking complete equality and social justice for all communities and helping people achieve their own potential. Each day social workers help break down barriers that prevent people from living more fulfilling, enriched lives. They work on the individual level, helping people overcome personal crises like food insecurity, lack of affordable housing, or limited access to good health care. They also advocate on a systems level to ensure laws and policies are adopted so everyone can access such services.

(Information for this article taken from the National Association of Social Work website)

## WHO IS ON THE SOCIAL WORK TEAM AT NDI?



**Cassandra Strong, LCSW**  
Social Work Director  
Time at LCH/NDI: 9 Years



**Erin Smiley, BSW**  
Unit 7E and coverage on 4W  
Time at NDI: 1.5 Years



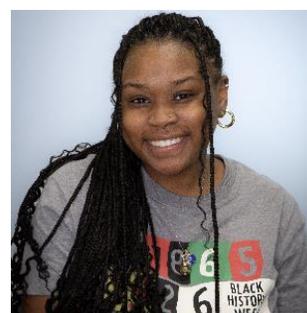
**Allison Robertson, MSW, LSW, CSAYC**  
Unit 3W  
Time at LCH/NDI: 6 Years



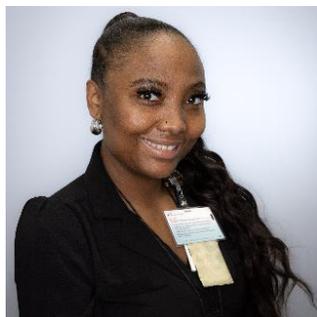
**Mignonette Daniels, MSW, LWS**  
Units 2E and 2W  
Time at NDI: 1.5 years



**Chelsea Hardin, BSW**  
Unit 3E  
Time at NDI: 2.5 Years



**Destiny Morris, BSW**  
Unit 4W  
Time at NDI: 9 Months



**Shante Harris, BSW**  
Unit 6E  
Time at NDI: 3 Years

## NDI CREST Team



The CREST team has two new ways of contact for those who feel stressed and need someone to speak with, or you have experienced a traumatic event and need help.

Team members are now listed on the HUB under DMHA/NDI/CREST Team.

You will also see CREST team members displaying new badge buddies that say CREST.

Feel free to speak with us as we are here to listen after trauma to provide a safe place for staff that restores us to normalcy.



Please make sure you check your State Email **regularly!!** Notifications about training from Success Factors, Staff Development and FSSA are sent to your State Email!! Additionally, if you are unable to attend a training you are assigned to, Please contact Staff Development at [nditraining@fssa.in.gov](mailto:nditraining@fssa.in.gov) as soon as possible to get rescheduled



We are excited to announce NDI has a shared Patient/Staff computer Lab located on the 6<sup>th</sup> floor (W611). It will be offered for staff to complete E-learning trainings and gain help with computer related questions between the hours of 6:30 am - 7:30 am and 6:30 pm - 7:30 pm. Please contact Staff Development at [NDITraining@fssa.in.gov](mailto:NDITraining@fssa.in.gov) to schedule time in the computer lab.